

NEW(S) HORIZON

A NEWSLETTER FROM THE WALPOLE COUNCIL ON AGING

FEBRUARY 2018

WEEKLY/MONTHLY EVENTS

COMMUNITY OUTREACH

AARP TAX PROGRAM
FARMERS MARKET COUPONS
FUEL ASSISTANCE
HOME HEALTHCARE
HESSCO LUNCH
MEDICAL RIDES
WELL BEING CHECKS
VETERANS MEETINGS

EXERCISE

CHAIR EXERCISE
CHAIR VOLLEYBALL
WALKING CLUB
WII BOWLING
YOGA
ZUMBA

HEALTH AND SAFETY

FLU CLINICS
FOOT CARE
NUTRITION
NURSE VISITS
MEDICARE PLANNING
TRIAD
WALPOLE VNA NURSING

SOCIAL ACTIVITIES

BINGO
BRIDGE
CREATIVE CORNER
KNITTING CLUB
MAH JONGG
SENIOR SINGING GROUP
WRITING GROUP

TRIPS

DAY OF BEAUTY
STOP & SHOP
WALPOLE ERRAND DAY
REGIONAL DAY EXCURSIONS



COUNCIL of AGING WINTER WEATHER ADVISORY

If the Walpole Schools are closed due to inclement weather, the Council on Aging will be closed. All trips during the winter months are subject to weather conditions. Please call the center at 508-668-3330 if you are unsure if a trip is still taking place. We will utilize the RoboCall system for updates and COA closings.

PROPERTY TAX EXEMPTION & DEFERRAL

The Walpole Board of Assessors is offering advice on the following:

- Clause 41 C— Elderly Exemption, Age 70+, income rules
- Clause 17D— Older citizens, surviving spouses and minors
- Clause 18—Hardship
- Clause 37—Blind
- Clause 22—Disabled Veterans
- Clause 41A—Tax Deferral, Age 65+, MA domicile & income rules

For more information, contact the Board of Assessors at 508-660-7315 or visit/write to BOA, 135 School Street, Walpole, MA 02081

FEBUARY BLOOD PRESSURE CLINICS

Blood pressure screening and nurse visits available:

♥ **Monday, February 12, 9:00AM - 11:00AM**

♥ **Monday, February, 26, 9:00AM - 11:00AM**

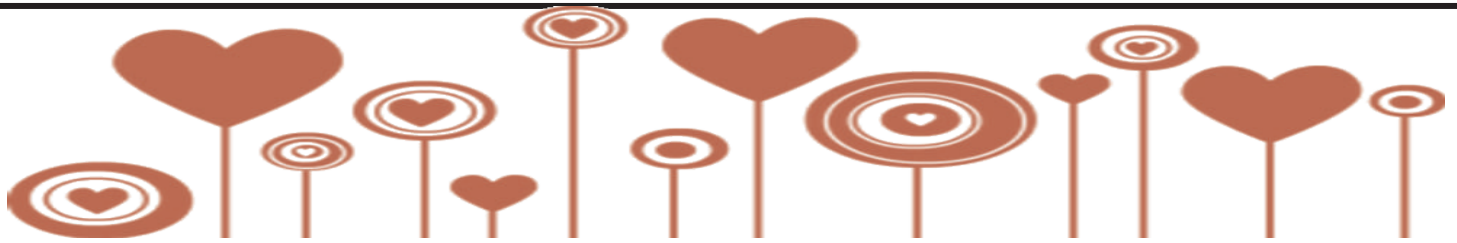


The mission of the Walpole Council on Aging is to promote social, recreational and educational activities and provide advocacy and assistance to Walpole Seniors and their families.

Hours: Monday, Wednesday, Thursday, Friday, 8:30AM –4:30PM; Tuesday 8:30AM – 8:00PM
135 SCHOOL STREET, WALPOLE, MA 02081,
Telephone: 508-668-3330, Website: www.walpole-ma.gov

FEBURARY TRIPS & EVENTS

DATE	EVENT	DESCRIPTION	TIME & LOCATION (subject to change)
THURSDAY 2/1	Chickie Flynn's Lunch	Registration required, preference to those who didn't attend previous month. \$2.50 pp.	Van leaves COA at 11:00AM
MONDAY 2/5	University Station Shop/Dine	Anchored by Target and Wegmans, University Station features an exciting mix of stores and restaurants	Van leaves COA 11:00AM— returning at 2:00PM
MONDAY 2/5	Chair Volleyball	More fun than you can standing—while seated! Come enjoy this fun-filled game.	10:15AM COA
TUESDAY 2/6	Memory Café	Fun and welcoming event for individuals with forgetfulness and their families.	1:00—2:30PM United Church
WEDNESDAY 2/7	*NEW* Ageless Grace	Demo Class through the Hockomock YMCA. While seated in a chair, increase mobility, range of motion and coordination.	10:00AM COA FREE DEMO
WEDNESDAY 2/7	Coffee with Attorney J. DiPietro	Submit a legal questions in advance. Join us for coffee and legal discussion.	11:00AM—12:00PM COA
THURSDAY 2/8	Day of Beauty	Manicures, facials, hair color & cuts. Lunch at Gerry's if open. Registration required. Limit 10 participants.	8:30AM—2:00PM Van leaves COA at 8:30AM
FRIDAY 2/9	Winter Blues Leandra McLean, RN	Learn ways to combat the social isolation and depression during the winter months.	11:00AM COA
MONDAY 2/12	Patriots Place Shop/Dine	Visit Patriots Place for shopping dining and entertainment available.	Van leaves COA 11:00AM— returning at 2:00PM
MONDAY 2/12	Chair Volleyball	More fun than you can standing—while seated! Come enjoy this fun-filled game.	10:15AM COA
TUESDAY 2/13	Social Breakfast	Join us for our monthly Social Breakfast prepared and served by Tri County. \$4.00 pp	9:00—10:30AM COA
WEDNESDAY 2/14	TRIAD	Norfolk County Sheriff's Department's monthly educational session.	11:00AM —11:30AM COA
WEDNESDAY 2/14	FEBURARY Birthday Party	Is it your birthday this month? Celebrate your birthday with friend's at the COA. Cake generously donated by Harrington House.	1:30 PM COA, Free
THURSDAY 2/15	Wheel of Fortune	Laurie Blake from Home Instead brings Wheel of Fortune to the Center.	1:00—2:00PM COA
WEDNESDAY 2/21	Creative Corner Alan O'Hare	Join the Seanchaí Irish storyteller holding the key to Irish folklore, myth, and legend.	1:00—2:00PM COA
THURSDAY 2/22	COA Board Meeting	COA Board Monthly Meeting in Town Hall	1:30—2:30PM Room 112, Town Hall
MONDAY 2/26	University Station Shop/Dine	Anchored by Target and Wegmans, University Station features an exciting mix of stores and restaurants	Van leaves COA 11:00AM— returning at 2:00PM
MONDAY 2/26	"Brown Bag" event Leandra McLean, RN	Bring your medications/medication list to have them checked by a pharmacist or nurse. 11:00AM presentation by pharmacist.	9:00AM — 12:00PM COA FREE
MONDAY 2/26	Chair Volleyball	More fun than you can standing—while seated! Come enjoy this fun-filled game.	10:15AM COA



Walpole School Nutrition Department and HESSCO

Cordially invite you to a Winter Social Dinner

Thursday, February 15, 2018, 4:00 – 6:00 p.m.

Menu

*Roasted Pork, Roasted Root Vegetables, Applesauce,
Cornbread, Homemade Apple Pie, Sparking Berry Punch & Assorted Beverages*



Location: Walpole High School, 275 Common Street, Walpole, MA

RSVP by February 12, 2018 at 781-784-4944 or jdavis@hessco.org

Suggested Donation: \$8.00

Please drive around the back of the high school and enter through cafeteria door.

Please let us know if you have any food allergies



Welcome February! I would like to clarify my new role at the COA. I am no longer the Public Health Nurse for Walpole. I was very torn about this decision, as I have loved being in your lives. With Kerri's influence and through the generosity of the Walpole Area VNA, I will continue to hold bi-weekly blood pressure clinics and monthly education programs. I couldn't possibly be more excited.

We will host the first of the education program on Friday, February 9th, 11:00AM at the COA. We will discuss the "Winter Blues", ways to combat the social isolation and depression during the winter months.


Our next program will be a "Brown Bag" event Monday, February 26th, 9:00AM – 12:00PM. Bring your medications/medication list to have them checked by a pharmacist or nurse. Clean out your medicine cabinet for any expired, unwanted, unused or discontinued medications. We can assist you in disposing of them safely. We will also have an informational session about generic vs. trade name medications, food interactions with medications.

Lastly, as much as I love seeing each of you,
IF YOU ARE SICK, STAY HOME!

Leandra McLean RN, BSN, CEN, CCRN

Live. Life. Healthy

FEBRUARY 2018


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>**HESSCO lunch is provided daily for a \$3 donation. Call 781-784-4944 24 hrs. in advance for reservations or cancellations</p> <p>ALL PROGRAMS ARE 1 HOUR LONG UNLESS OTHERWISE NOTED</p>	<p>1</p> <p>SIGN UP DAY</p> <p>8:30AM Bird Park Walking 10:30 YOGA 12:00PM HESSCO lunch Meatloaf 1:15PM Bridge</p>	<p>2</p> <p>9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club @ Library 12:00PM HESSCO lunch Breaded Pollock 12:30PM Bingo</p>
<p>12</p> <p>8:50AM ZUMBA 10:00AM Exercise Class 11:00AM Chair Volley 12:00PM HESSCO lunch Am. Chop Suey 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance</p>	<p>13</p> <p>Stop & Shop 8:30AM Bird Park Walking 10:00AM Knitting 12:00PM HESSCO lunch Baked Chicken 1:30PM YOGA 4:00PM A Musical Interlude</p>	<p>14</p> <p>10:00AM Exercise Class 11:00AM TRIAD 12:00PM HESSCO lunch Stuffed Shells 12:30PM Pokeno</p>	<p>15</p> <p>8:30AM Bird Park Walking 10:30AM Yoga 12:00PM HESSCO lunch Cheeseburger 1:00PM Wheel of Fortune 1:15PM Bridge</p>	<p>16</p> <p>9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club @ Library 12:00PM HESSCO lunch Catch of the Day 12:30PM Bingo</p>
<p>26</p> <p>8:50AM ZUMBA 10:00AM Exercise Class 11:00AM Chair Volley 12:00PM HESSCO lunch Curried Chicken 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance</p>	<p>27</p> <p>Stop & Shop 8:30AM Bird Park Walking 10:00AM Knitting 12:00PM HESSCO lunch Penne Pasta 1:30PM YOGA 4:00PM A Musical Interlude</p>	<p>28</p> <p>10:00AM Exercise Class 11:00AM Chair Volley Ball 12:00PM HESSCO lunch Tuna Salad 12:30PM Pokeno</p>	<p>DID YOU KNOW?</p> <p>Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. The holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, to create more three-day weekends for the nation's workers. While several states still have holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.</p>	

Please **sign up for ALL trips and events** you would like to attend.

IN-PERSON and PHONE registration begin Monday, October 2 at 8:30AM.

*You must speak to a desk volunteer. Leaving a voicemail **does not** register you for programs.*

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 8:50AM ZUMBA 10:00AM Exercise Class 11:00AM Chair Volley 12:00PM HESSCO lunch Roast Chicken 12:30PM Dominos 1:30PM Mah Jongg 2:00PM Line Dance	6 Stop & Shop 8:30 AM Bird Park Walking 10:00AM Knitting 12:00PM HESSCO lunch Beef Stew 1:30PM YOGA 4:00PM A Musical Interlude	7 10:00AM <i>*AGELESS GRACE DEMO CLASS*</i> 12:00PM HESSCO lunch Roast Turkey 12:3PM Pokeno	8 8:30AM Bird Park Walking 10:30 NO YOGA 12:00PM HESSCO lunch Mac & Cheese 1:15PM Bridge	9 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club @ Library 12:00PM HESSCO lunch Chicken Pot Pie 12:30PM Bingo
19 PRESIDENTS DAY Center Closed 	20 Stop & Shop 8:30AM Bird Park Walking 10:00AM Knitting 12:00PM HESSCO lunch Baked Chicken 1:30PM NO YOGA 4:00PM A Musical Interlude	21 10:00AM Exercise Class 12:00PM HESSCO lunch Swedish Meatballs 12:30PM Pokeno 1:00PM Creative Corner	22 :30AM Bird Park Walking 10:30 NO YOGA 12:00PM HESSCO lunch LS Hot Dog 1:15PM Bridge	23 9:00AM Zumba 10:00AM Wii Bowling 10:00AM Writing Club @ Library 12:00PM HESSCO lunch Spanish Omellette 12:30PM Bingo



SAVE THE DATE: MONDAY, MAY 14, 2018, Golf Tournament

Support Walpole's New Senior Center
 The Walpole Co-Operative Bank South Street Center
 Tournament to held at Walpole Country Club, 233 Baker Street, Walpole, MA 02081
Organized by The Friends of Walpole Elders is a registered nonprofit 501 (c)(3)charitable organization.



FROM THE DIRECTOR

“What good is the warmth of summer, without the cold of winter to give it sweetness,” John Steinbeck. We hearty New Englanders have found ourselves in a very cold winter already. Please be sure that you have taken precautions for the weather; extra batteries, non-perishable foods, water, and of course sand/salt for the storms. Please check the oil level in your tanks, particularly after the record breaking cold we experienced in January. We will do our best to plan ahead for the weather, proactively rescheduling or canceling activities and programs if needed. **If Walpole Public Schools are closed, the Council on Aging buses will not drive and our Center will also be closed. We will notify you by Robo Call of any weather related closures.** Please gather up all the medications in your medicine cabinet and bring them in to our Brown Bag Session on February 26th. Leandra McLean and a local pharmacist will be reviewing medications and checking med lists from 9am—12pm. The pharmacist will provide a brief informational presentation at 11am. Many seniors might have more than one doctor or specialist and may also visit multiple pharmacies. We hope to help you avoid medication errors and avoid any dangerous interactions. Don't miss this important FREE opportunity! Don't forget to attend the FREE Ageless Grace demo class on February 7th at 10:00AM. This simple chair exercise is for people of all abilities and through the use of 21 natural movements addresses both body and brain. This class comes to us through a new collaboration with the Hockomock Area YMCA in Foxboro. You don't want to miss it!

Kerri McManama, Director Walpole Council on Aging



SAVE THE DATE for CREATIVE CORNERS

- ♦ Wednesday, February 21, 1:00PM, Alan O'Hare, Irish Storytelling
- ♦ Wednesday, March 28, 1:00PM, Maura O'Gara, Bird Park Site Manager
- ♦ Wednesday, April 25, 1:00PM, Lois Czachdrowski, Walk the Labyrinth
- ♦ Wednesday, May 23, 1:00PM, Myra Rodriguez-Fearnly, Have fun learning Spanish
- ♦ Wednesday, June 27, 1:00PM, Henry Scanzio, Car stories and Mother Theresa



A NOTE FROM YOUR OUTREACH WORKER!

Hope all of you are staying warm and dry during these cold days of February.

We will continue with **Fuel Assistance** applications until May 1, 2018. If you have income of less than \$34,380 for a single person or \$44,958 for a couple, you may be eligible for the Fuel Assistance Program.

Tax time is just around the corner. You may also be eligible for the **Circuit Breaker Program** on your real estate taxes. Please contact me at 508-660-7362 for more information.



Laurel St. Pierre, Outreach Worker Office Hours: Monday - Thursday, 9:00AM- 3:00PM

NEW(S)HORIZON

Walpole Council on Aging
Town Hall , 135 School Street
Walpole, MA 02081

Telephone: (508) 668-3330

Fax: (508) 660-7363

Kerri McManama, Director COA

Laurel St. Pierre, Outreach

Christine Tetreault, Advocate

Jane Wulk, Van Driver

Carol Fellini, Van Driver

Jim Hinds, Van Driver

Richard McCarthy, Chairman COA Board

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in part, by a grant from the
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Friends of Walpole Elders, Inc.



Friends of the Walpole

Elders, Inc.

P.O. Box 186

East Walpole, MA 02032

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WALPOLE COUNCIL ON AGING PROFESSIONAL SERVICES

HESSCO Meal Site: (508) 668-3423,
provided daily for a \$3.00 donation.
Call for reservations or cancellations,
781-784-4944 at least 24 hours in
advance.

Public Health Nurse: blood
pressure screenings and health
information every Monday morning at
9:30AM (times subject to change)

Legal Services: 2nd Wednesday of
the month, 11:00AM—12:00PM*Free.

Foot Care: Mondays by appointment
only, 9:00AM— 2:00PM, Cost is \$20.
Call (508) 668-3330.

HELPFUL NUMBERS TO REMEMBER:

NORFOLK COUNTY “ARE YOU OK?”

(866) 900-RUOK (7865)

Receive a call daily to make sure you are up and OK!

POLICE (Non-emergency) 668-1212

FIRE DEPARTMENT (Non-emergency) 668-0260